

Full Report (All Nutrients) 45109925, MICHELINA'S, LEAN GOURMET, SANTA FE STYLE RICE & BEANS, UPC: 717854106252

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Information provided by food manufacturers is label data. Manufacturers are responsible for descriptions, nutrient data and ingredient information. USDA calculated values per 100 {0} from values per serving.

Food Group : Branded Food Products Database

Manufacturer Bellisio Foods Inc

| Nutrient | Unit | Data points | Std. Error | 241.0 g 241g | 1 Value Per100 g |
|--------------------------------|------|-------------|------------|-----------------|------------------------|
| Proximates | | | | | |
| Energy | kcal | -- | -- | 321 | 133 |
| Protein | g | -- | -- | 10.99 | 4.56 |
| Total lipid (fat) | g | -- | -- | 8.00 | 3.32 |
| Carbohydrate, by difference | g | -- | -- | 52.01 | 21.58 |
| Fiber, total dietary | g | -- | -- | 5.1 | 2.1 |
| Sugars, total | g | -- | -- | 2.99 | 1.24 |
| Minerals | | | | | |
| Calcium, Ca | mg | -- | -- | 149 | 62 |
| Iron, Fe | mg | -- | -- | 1.81 | 0.75 |
| Sodium, Na | mg | -- | -- | 499 | 207 |
| Vitamins | | | | | |
| Vitamin C, total ascorbic acid | mg | -- | -- | 4.8 | 2.0 |
| Vitamin A, IU | IU | -- | -- | 750 | 311 |
| Lipids | | | | | |
| Fatty acids, total saturated | g | -- | -- | 3.494 | 1.450 |
| Fatty acids, total trans | g | -- | -- | 0.000 | 0.000 |
| Cholesterol | mg | -- | -- | 19 | 8 |

Amino Acids

Other

Ingredients

COOKED LONG GRAIN RICE, WATER, COOKED RED BEANS (WITH WATER AND CALCIUM CHLORIDE), CORN, SOUR CREAM (CULTURED CREAM, ENZYME), ZUCCHINI, CHICKEN BROTH, LESS THAN 2% OF BELL PEPPERS, CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURES, SALT, ENZYMES, ANNATTO [COLOR]), LOW MOISTURE PART SKIM MOZZARELLA CHEESE (CHEESE [CULTURED PASTEURIZED PART SKIM MILK, SALT, ENZYMES], MODIFIED FOOD STARCH), MODIFIED FOOD STARCH, GREEN PEPPER SAUCE (DISTILLED VINEGAR, JALAPENO PEPPER, WATER, SALT, CORNSTARCH, XANTHAN GUM, ASCORBIC ACID TO PRESERVE FRESHNESS), HALF & HALF (MILK, CREAM), CANOLA OIL, CHILI POWER (SPICES, SALT, GARLIC POWDER),

CILANTRO, NONFAT DRY MILK, GREEN CHILE PEPPERS (WITH CITRIC ACID), SALT, SPICE, RENDERED CHICKEN FAT, WHITE DISTILLED VINEGAR, GARLIC PUREE (GARLIC, WATER, CITRIC ACID), PAPRIKA, POTASSIUM CHLORIDE, CELLULOSE, YEAST EXTRACT, VITAL WHEAT GLUTEN. *Date Last Updated by Company:* 05/18/2016